



Operation Transformation Shopping List
Week 2 – Main Meals

DAY	DATE	RECIPE
8	17 January (Thursday)	Super Easy Spag Bol
9	18 January (Friday)	Hake with Creamy Spinach Spaghetti
10	19 January (Saturday)	Massaman Chicken Curry
11	20 January (Sunday)	Lemon Rosemary Roast Chicken
12	21 January (Monday)	Loaded Mac 'n' Cheese
13	22 January (Tuesday)	Barbecue Chicken with Corn on the Cob & Green Beans
14	23 January (Wednesday)	Smoky Pork Chops with Baby Potatoes & Green Beans

FRUIT & VEGETABLES

Baby corn on the cob (120g)
Baby new potatoes (800g)
Baby spinach leaves (200g)
Cauliflower (1/2 head - about 350g)
Carrots (8)
Curly kale (150g)
Floury potatoes (such as Rooster or Maris Piper – 200g)
Fresh rosemary sprigs (2)
Garlic (5 cloves)
Green beans (400g)
Lemon (1)
Onion (1)
Red chilli (1)
Red onion (1)
Red peppers (2)
Turnip (1)

FRESH PRODUCE

Butter (15g)
Cheddar cheese (70g)
Chicken fillets (boneless – 4)
Cooking cream (Avonmore - 40% less fat – 100g)
Hake fillets (boneless and skinless - 2 x 200g)
Lean steak mince (200g)
Low fat milk (1.5% fat – 230ml)
Pork loin chops (2)
Whole chicken (serving 100g cooked chicken per person – the remainder can be used for the rest of the week in wraps, sandwiches and salads)

DRIED GOODS

Apple cider vinegar (50g - if making barbecue sauce)
Barbecue sauce (readymade from a bottle or jar or use recipe)
Bolognese sauce (no more than 5g sugar and 3g fat – jar 430g)
Coconut milk (such as Thai Gold – tin 160g)
Freshly ground black pepper
Honey (7g - if making barbecue sauce)
Macaroni (100g)
Mild or medium curry paste (45g)
Olive oil (25g)
Orange juice (15g - if making barbecue sauce)
Plain flour (10g)
Rapeseed oil (10g)
Sea salt (optional – if using)
Smoked paprika (2.5g)
Thai fish sauce (15g)
Tomato ketchup (no added sugar & salt – 100g - if making barbecue sauce)
Unsalted peanuts (5g)
Worcestershire sauce (7g - if making barbecue sauce)
Wholewheat spaghetti (200g)